

# Marinated Pork Chops

A strongly flavoured marinade that's tangy, sweet with a touch of heat. Pork chops have never tasted so good!



I am sooo happy with this marinade. Not being a natural lover

of pork, I was challenged one evening when a friend called asking for a pork marinade NOW!!

Sadly, I didn't have one at the time. I promised to work on it and I did.

I eventually came up with a marinade that's savoury, sweet and as I said in my intro, has a little heat.



This marinade would also work nicely for other cuts of meat.

Even so, I'm glad I was asked specifically for a pork marinade as now I enjoy my pork chops a whole lot more!

Fingers crossed my friend does too. ☐

***Danielle***



## Ingredients

- 4 pork chops (note 1)
  - 1 tbsp orange marmalade
  - 3 tbsp soy sauce (regular)
  - 1 tbsp Worcestershire sauce
  - 2 tsp lemon juice
  - 2 cloves garlic, grated
  - 1/2 tsp chilli flakes
  - oil for brushing pan or griddle
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## Instructions

1. Mix all the marinade ingredients together (note 2).
2. Place the pork chops in a zip lock bag.
3. Pour the marinade in the bag. Make sure that all the pork chops are well coated. Massage the marinade into the chops. Refrigerate for 1 hour. Turn the bag over a couple of times during the hour.
4. Remove from the fridge 15 minutes before cooking.
5. Turn the stove on medium – high heat. Brush your pan with oil.
6. Use a pair of tongs to hold the chops upright. Sear the outer edges until golden and slightly charred (2 – 3 minutes). I find it easier to cook the outer edges of 2

- chops at a time (note 3).
7. Cook on one side between 3 – 4 minutes. Turn and cook for a further 2 – 3 minutes (note 4).
  8. Brush both sides with left over marinade and cook for a further 30 seconds per side.
  9. Remove from the pan. Allow to rest for 2 minutes before serving.
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## Notes

1. My pork chops weighed 200 g/7 oz each and were 2 cm/3/4" thick.
2. You will need the left over marinade to brush the chops just before removing them from the pan. See point 8 under instructions.
3. Cooking the outer edges will help to render/melt the fat.
4. I have given a bit of leeway in terms of how long to cook the chops. Timing is important, but cooking is also about using your eyes. There are lots of variables in play; your pan, your stove, the thickness of your chops. I cooked my chops for just over 3 minutes, then checked to see that there were nice grill lines on the underside, and that the chops were golden in colour.